

Jayanthi Issue

## Contents

### SPECIAL FEATURES

- |   |    |   |
|---|----|---|
| <i>Shanthi Zupan</i><br><i>Prahaladana</i><br><i>Mandelkorn</i> | 6  | L.O.T.U.S.: Light of Truth Universal Shrine. "...a temple being constructed, a monument to Gurudev's central teaching that paths are many, but Truth is one." |
| <i>Sri Swami</i><br><i>Sivananda</i><br><i>Maharaj</i>          | 12 | SAGE OF RISHIKESH: "The Light of Lights." Master speaks of our supreme goal - and how to reach it.  |
| <i>Atma Hansen</i>  | 13 | YOGA AND SCIENCE: "Mysteries of Light." NASA research scientist - and Yoga devotee - discusses Light, in science and religion.                                |

### DEPARTMENTS

- |   |    |   |
|---|----|---|
| <i>Sandra</i><br><i>McLanahan, M.D.</i> | 24 | YOGA AND MEDICINE: "Enlightened Skin Care."   |
| <i>Prahaladana</i><br><i>Mandelkorn</i> | 22 | YOGA REVIEWS: <u>Integral Yoga: the Yoga Sutras of Patanjali</u> , a new book by Sri Gurudev. |
|   | 27 | DAY-BY-DAY WITH SRI GURUDEV: Stories of devotees experiences with the Guru, July-August 1978. |

## Integral Yoga and You

INTEGRAL YOGA Magazine is the official organ of the Integral Yoga Institutes, Groups, Teaching Centers and Satchidananda Ashrams. These centers are vehicles through which Sri Swami Satchidanandaji's teachings of Integral Yoga are lived and shared. The centers conduct ongoing programs of instruction in the various aspects of Yoga, including Hatha, Raja, Karma, Bhakti and Jnana Yogas, as well as Yogic diet and other related topics. There are open classes, courses, teachers' training programs, universal worship services, and also retreats for beginners and more advanced students. Those interested are invited to call or visit the centers, and a live-in program is also possible.

Besides their teaching function, the Ashrams also provide an opportunity for an experiment in total Yogic living. The Ashram in Pomfret Center, Connecticut has a health clinic, national audio-video and book publishing and distribution services, a natural foods store, a two acre organic garden, an Integral Yoga School for children and a number of cottage industries where members practice selfless service. There is also, at this time, an Ashram in Santa Barbara, California.

For more information, to arrange a Yoga program for any group, or to be put on our mailing list, please feel free to contact any of the centers listed on the inside front cover. We are here to serve you.

OM SHANTHI OM PEACE

BELOVED GURU  
we Are Grateful  
For The Opportunity  
To Serve Ourselves



ॐ  
much Love  
Happy Jayanthi  
your Detroit Family

Glory to God  
and Guru

Anagan & Ganga  
Sea Girt IYTC

Happy Birthday,  
Papa!

\*\*\*

The Condylis Family





*As a Jayanthi offering the New York IVI, together with Satchidananda Ashram—Yoga-ville East, have contributed the cost of a centerspread ad to the L.O.T.U.S. FUND.*



## Integral Yoga® Magazine

### Founder - Director

Sri Swami Satchidananda

### Editor

Swami Vidyananda Ma

### Layout

Swami Sharadananda Ma

### Distribution

Swami Lalitananda Ma

### Subscriptions

Swami Hamsananda Ma

### Printing

Windham County Observer

### Cover Illustration

Girija Vecchio

### Photography

Sr. Dharmini Chaitanya

Daya Marcus

Rama Roosevelt

Sivananda Yoga Center

Gerry Wilson

Shanthi Zupan

### Proofreading

Ms. Arvilla Blosch

SRI SWAMI SATCHIDANANDA is a master of Yoga, a world spiritual teacher, and Guru of the students of Integral Yoga. He is dedicated to the ecumenical movement, his motto being "Truth is One, paths are many." His main residences are in Pomfret Center, Connecticut during summer and Santa Barbara, California in the winter. He also travels widely, sharing with people through every possible medium: lectures, conferences, radio, TV and newspaper interviews, books and visits to schools, seminaries, rehabilitation centers and many other groups.

# ~ L.O.T.U.S. ~

## Light Of Truth Universal Shrine

by Shanthi Zupan  
and Prahaladana Mandelkorn

*"One of my biggest dreams is coming to be fulfilled. As you all know, we've been looking for some nice land all over the country on which to build a Lotus Temple. As the scriptures say, we search for God all over, while we have Him right in our hearts. Now we find that the very place is right next door!"*

--Sri Gurudev

The land is for a temple built in the shape of a lotus for people of all ages, races, creeds and religions. It will be constructed within a few miles of Satchidananda Ashram-Yogaville East in North-eastern Connecticut. One of Gurudev's dreams is about to materialize for the benefit of everyone.

Probably his dream of an ecumenical lotus temple began many years ago, even before his ashrams came to be. Gurudev has been drawing together people of different faiths for years, even before he came to the States twelve years ago. Wherever he has taught, in every setting and before various groups, he has always affirmed freedom of all religions and the oneness of God who can be approached

variously and called by different names.

"Truth is one, paths are many," he taught his followers. For those living together in his Integral Yoga Institutes across the continent, he encouraged the construction of a simple altar for worship that expressed this fundamental teaching. It has the symbols of the eight major world religions around a single flame, reminding us that the different religious traditions are all based on the same light of truth. Though faiths may vary in practice, each religion uses light to symbolize the Absolute.

Perhaps that altar design was the beginning of the L.O.T.U.S. which will be constructed around a single flame. Each petal will represent a different religion. In years past, Gurudev would sometimes sketch a lotus temple with beautiful pink petals rising up - a reminder of all that is beautiful and pure in the human spirit. "The lotus," he said, "is among the most beautiful of flowers and symbolizes the spiritual growth of humanity. For the lotus grows





*Left: Tyagan Young signs over land for L.O.T.U.S. while attorney Br. Manu looks on; Right: Gurudev with Br. Sridhar and architect Viswanath*

from the muddy bottom of the lake to open its petals in the sun and radiate its inner beauty. It represents the fully open or integrated being who lives in the waters of the world gently floating on top, not tossed and turned by the waves, but always balanced and in harmony."

## Silent Haven

The L.O.T.U.S. will be a monument whose design embodies Gurudev's teachings. It will be a silent haven for meditation and worship. For some time his disciples have known that such a temple was in their Master's mind - ever since Gurudev described Yogaville during planning days in the fall of 1971. When the Connecticut Ashram began in 1973, he gave more details of the Temple.

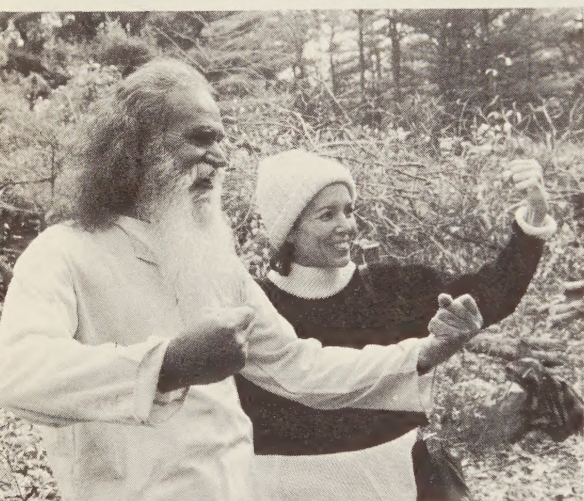
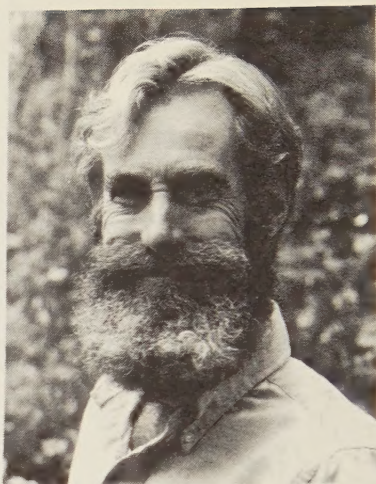
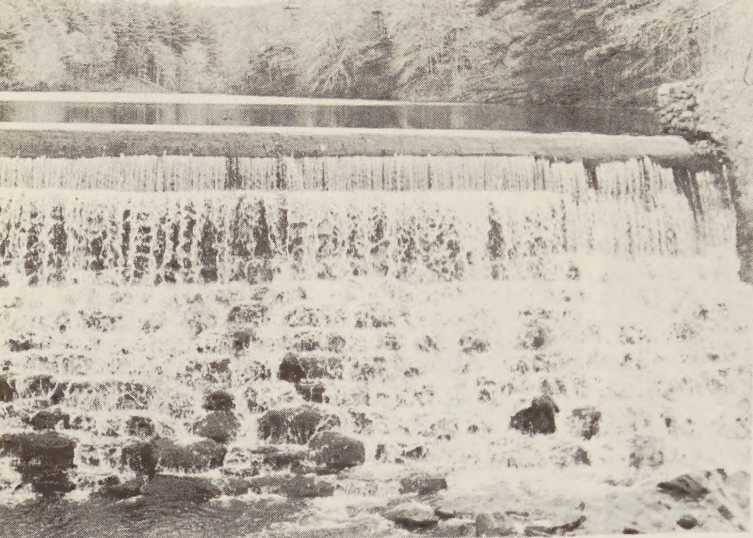
One follower, Sudarshan Anderson, made some preliminary drawings from which a full design later evolved. Since then the design has been further refined, but the essentials have remained: a single flame beneath a domed roof surrounded by eight altars representing major religions. In

1975 another disciple, Viswanath Watson, volunteered his architectural skills. In 1977 he gave Gurudev the first model of the Temple. At this time it seemed it would be constructed overlooking the Pacific at Satchidananda Ashram-Yogaville West in Santa Barbara. But still the search for land continued in California, Texas and the East Coast. Gurudev named the project and the Temple: Light of Truth Universal Shrine (L.O.T.U.S.).

Then in July 1978 Tyagaraja Young, a close devotee and neighbor living ten miles from the East Coast Ashram, in Dayville, Connecticut, asked if he could give 100 acres of his beautiful wooded land in hopes that this might be the site for the Lotus Temple.

"The Sanskrit word for dedication is tyaga, and raja is king," said Gurudev at the East Coast Guru Poornima celebration on July 22. "We have a king of dedication here: Tyagaraja. He is offering his entire property. It's really too much for me to swallow. It's almost 100 acres. There's a per-





Top left: waterfall below  
the L.O.T.U.S. site  
Right: Tyagaraja Young  
Other photos: Sri Gurudeva  
and Karma Yogis in action  
doing preliminary land  
clearing at the site



ennial river running right in the middle. God must have been working. This is all proof that God approves, guides us and fulfills our sincere wishes.

"Tyagan has offered everything for God's work. Since the first day we saw him, he has felt, 'This belongs to you. It is an extension of the Ashram. I'm just here as a caretaker.' It's all a great gift of God. I'm sure not only Tyagan, but also all his near and dear people, have already accumulated great merit for doing this. When you give something to God, you get back several fold. I'm sure God will bestow all great virtues, perfect health, peace and joy. I take this opportunity to express my gratitude for his great generosity."

### **To Make Our Lord Happy**

"Very soon we'll begin this ecumenical work. Just as five brothers in the same family have the same parents, but each likes a different food, so can we all live as one family with our different modes of worship. That's the essential teaching. We should acquire this ecumenical spirit. Only in this way can we all live together and bring peace on earth and through this make our Lord happy.

"Truth is one. Those who realized It expressed it in many ways and languages.' It is the presentation that differed. But the thing that was presented by all those great people was the same - whether they are the great ancient sages of the East or the West. The same truths they realized, they presented in their own languages to suit the people listening to them.

"Truth is one, paths are many."

And they *should* be many to cater to the various tastes, temperaments, capacities, and cultures of the individuals. It's terrible to see people who propagate a religion denying other paths and fighting among themselves - particularly in this age when the world has shrunk so much that no one can survive as an individual. When everyone feels that he or she is nothing but a cell in the Cosmic Body, we can't afford to divide ourselves and die. This is the very reason we must talk today about ecumenism, thanks to the late Pope John and to many seers in the East like the great St. Ramalingam who in the last century proclaimed that it is insane to fight in the name of various paths.

"Every religion has its dividing, differing part, or as Swami Sivanandaji puts it: 'the non-essential part, the superficial make-up,' as well as the essential part. If we go deep into that, we don't see any difference at all. Ultimately there is one Light - the Cosmic Light. It passes through a prism. It gives room for various colors. Let us be united in that Light."

### **Those Inspired Come Forward**

Here is a dream materializing. The East Coast L.O.T.U.S. Committee has obtained a zoning permit. Soil samples have been studied for construction. In fact, work on the Temple site has already begun. This past August, Ashramites along with the forty Teacher Trainees at the Ashram for a one-month program, worked as a large team under Gurudev's personal guidance. Together they cleared wooded land on top of a hill overlooking a crystal-blue lake and



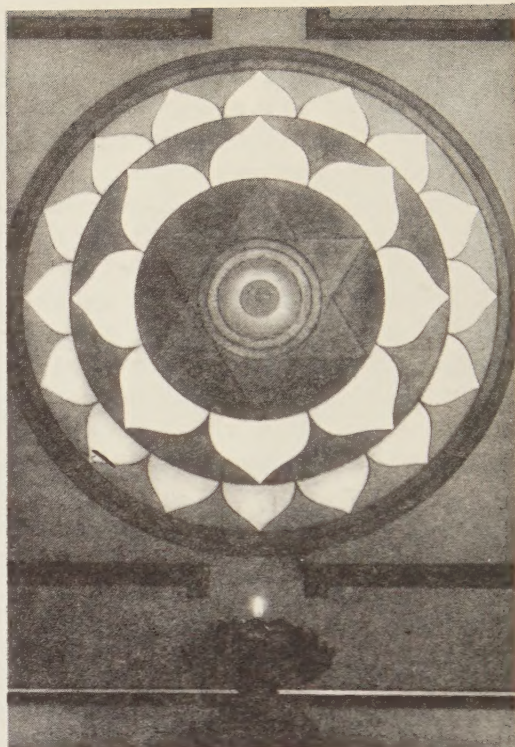
river that pours over a rushing waterfall nearby. Under the Master's dynamic guidance, in a few hours a sunny clearing appeared for the L.O.T.U.S. site.

The Temple's architectural design will be finalized this winter. A groundbreaking ceremony is scheduled for August 1979. Probably Gurudev has not told all his plans for the L.O.T.U.S. and the acres around it. But he has suggested that one day the location may include a library, lecture hall, possibly a retreat center and a monastery. Some of the surrounding wooded land overlooking the river and lake will be landscaped into a handsome park.

As much as possible all work will be done as Karma Yoga by Ashramites and others inspired to come forward. The entire project will be designed to harmonize with the environment, using natural materials whenever feasible, including natural energy resources, such as hydro-electric power from the waterfall and, if economical, solar energy.

## The Eternal Light

Sometimes it seems that the L.O.T.U.S. is already present, that it needs only to be constructed in the world to reveal the Light which, after all, is the source of all inspiration and strength. We are building a temple of Light to help enlighten ourselves and everyone. As Gurudev sometimes asks: "Why do you light a candle at an altar or to begin the Sabbath? Is God blind? Cannot He see without your light?" Due to our inability to recognize the eternal Light within, we have to have a sort of physical expression outside. This outside Light will constantly remind us of the Light within. That Light is the



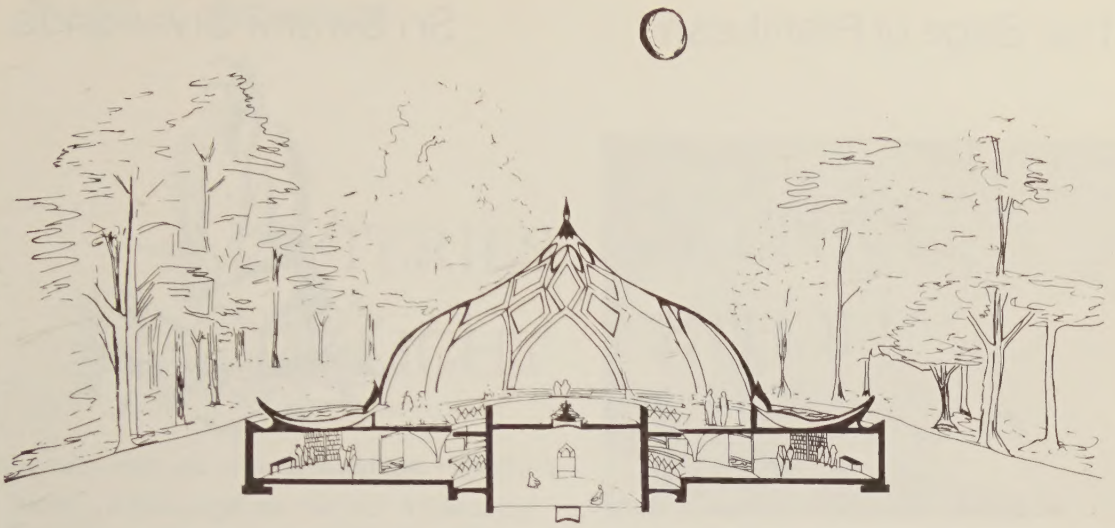
symbol of the spiritual Light you have ignited within yourself as you come into His Presence. The Light of truth should never be allowed to go out - that is the Eternal Light.

"If you come close to that eternal Light you too will catch its fire; your ego will get its impurities burned out and you are enlightened. You realize your oneness with the whole. You are never separated from God. Let us give ourselves to that Cosmic Light which is always present and in these bodies and minds themselves and it will take good care of us. Then our lives become very simple and humble. May the Cosmic Light guide us always. Om Shanthi."

-Sri Gurudev

So let us work together on this beautiful L.O.T.U.S. project to make the Light visible —without and within.





## House Of Light

Sri Gurudev has designed the temple in the shape of a lotus flower. One set of petals will open over reflecting pools surrounding the entire shrine. Within the open petals another set of petals, delineated by interconnecting ribs, will rise to form the walls of the structure. Completing the overhead structure, a dome of lightly-stained glass will span the petals so that the inner spaces and inner sanctum of the L.O.T.U.S. will be diffused with the light of day.

Shining on a pedestal in the center of the L.O.T.U.S. will be the Light—an eternal flame—the symbol of God common to all faiths. Eight of the ten surrounding petals will be chapels for the major world religions—Hinduism, Judaism, Taoism, Buddhism, Shintoism, Zoroastrianism, Christianity and Islam. The ninth petal will house a chapel representing all other faiths known or unknown, and the tenth petal will frame the entrance to the temple.

A beam of light, reflected from overhead mirrors, will shine upon each altar. Each ray will originate from the same light of the central flame, showing that the light of all the religious paths emanates from the same source, which is the one God. the central flame, showing that the Light of all the religious paths emanates from the same Source, which is the one God.

Beneath the center of the L.O.T.U.S. will be a cave to be used for meditation on certain occasions. Around this will be eight rooms, one under each petal, which will contain a library where the teachings of each religion can be researched and studied. Each room will reflect the mood, color and cultural source of that tradition and may also contain artifacts and relics sacred to that path.



## LIGHT OF LIGHTS



(Lotus drawn by Sri Gurudev)

To meditate is our foremost duty. It is for that we have taken our birth here. To purify, meditate and realize our essential nature, is our duty. Realization cuts the knots of ignorance, desire, action and reaction, and gives us permanent satisfaction, everlasting peace and eternal bliss.

There are various kinds of meditation: on form for devotees, abstract meditation for Vedantins, and meditation on Light or *gyotir-dhyana*. Lord Krishna says: "*Jyotishamapi tat gyotih tamasah paramuchyate, jnanam, jnanagamyam, hridi sarvasya vishtitam* - Light of Lights, which transcends darkness, which transcends inertia, which is attainable through knowledge, is seated in your heart."

Nowhere will you find this in philosophy books. It is only a realized sage like Lord Krishna who can give the *summum bonum* of human existence in one phrase: *Jyotishamapi tat gyotih*. What is the nature of Brahman (God)? "It is the Light of Lights. It is seated in the hearts of all." You can study even fifteen volumes of philosophy and at the end find

yourself to be an agnostic. That is the difference between philosophers and sages.

That Light of Lights which transcends darkness is close to you, closer than the jugular vein, closer than your breath. How to realize this? Through wisdom, through meditation. The ear is a light. The eye is a light. Every organ of perception is a light, because through them you get knowledge of this world. Intellect is a light. Prana is a light. But that which gives light to these lights—the Light of Lights—is your own Self. Meditate on this, attain wisdom and be established in the Supreme Light.

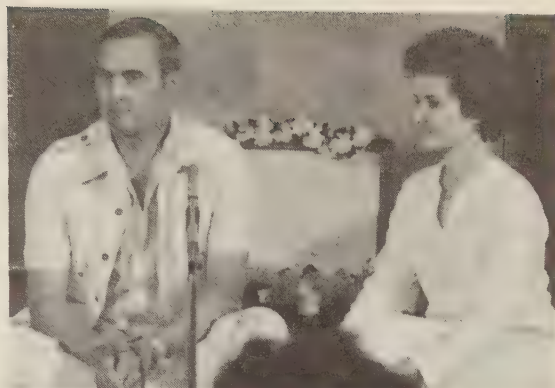
"The sun does not shine there, neither the moon nor the stars nor the lightning. Through Its light all the objects of this world are illuminated." (Upanishads) So, let us practice meditation, either with form, without form, or on Light, and become one with the Light of Lights, free ourselves from the trammels of karma and become liberated, not in the unknown future, but in this very birth!

*Sri Swami Sivananda Maharaj (1887-1963) was the Guru of Sri Swami Satchidananda, author of some 300 books on Yoga and founder of the worldwide Yoga organization, the Divine Life Society.*



## MYSTERIES OF LIGHT

by Atma Hansen



*Atma Hansen and wife Jothi*

*Atma Hansen is Senior Staff Scientist at NASA's Ames Research Center and consulting Professor of Aeronautics and Astronautics at Stanford University. A senior student of Sri Gurudev and a dedicated servant of the IYI, Atma beautifully blends his spiritual and scientific understanding in this treatise on Light.*

### Re-discoveries

In 1977 my wife and I were privileged to accompany Sri Gurudev and a group of devotees on a tour of India and Sri Lanka. Of the many fascinating places we visited, one was the Jyothi Temple (Temple of Light) at Vadalur, and the worship of Light was often a topic of Gurudev's Indian talks. Sometimes I was asked to say a few words about Light from a scientist's viewpoint. My remarks struck such a responsive chord that I have felt encouraged to expand on them in this short essay. I preface it with the observation that many of the scientists' discoveries about Light should more aptly be termed "rediscoveries," in view of the penetrating insights that have issued from some of the

world's spiritual geniuses throughout history.

### Light Worship

Light has been an object of human worship since before the dawn of history. In its least sophisticated - though not necessarily least effective - form, this worship deifies the object which gives light; for example, the sun, moon, temple fire, candle flame, etc. As a worshipper increases in spiritual sophistication he may grow attracted to abstract worship. He may come to feel devotional ecstasy for God without any form or substance, while yet recognizing that God manifests in multiple forms and substances.

The worship of Light can be an appealing intermediate; Light does have some form and substance, but on such a microscopic scale compared with our everyday sensate experience, that it seems suitably abstract. At the same time, Light holds a role which seems to be at the very heart of creation and existence in the physical world. Thus Light symbolizes in a cogent way both the abstract and manifest natures of God.



## Omnipresence Of Light

Scientists find that a low energy form of Light permeates our entire universe. This Universal Light does not come from the stars but equally from all directions and seems to have constant intensity everywhere. It can only be detected by instruments, since it occurs far into the infrared part of the spectrum where man's eyes do not respond; yet except for its longer wavelength it has all the same properties as the Light we see.

One current theory holds that the universe was created about fifteen billion years ago in an intense explosion of superdense matter. Astronomers today observe the galaxies receding from one another, just as the expanding debris from such an explosion would do. The Universal Light is then theorized to be the residual radiation given off in that explosion.

An elaboration of this theory suggests that creation may be cyclical, the expanding universe eventually collapsing back upon itself when the gravitational forces of attraction overcome the kinetic expansion of matter. Matter would presumably then condense back into its superdense state with an accompanying huge increase in the Universal Light, until the universe once again reaches its critical, explosive stage and repeats the entire cycle.

In any case, we observe that at this time our universe is everywhere filled with Light, with only occasional lumps of matter interrupting this continuity. There is no "free space," for Light is everywhere. This is certainly one of the qualities we intuitively associate with our Creator: Brahman or God is everywhere.

## Beyond Definition

Having established that Light is everywhere, we might ask, what does it do? How does it behave? Light has the curious property of behaving both like a small particle and like an extended wave of energy. This makes it somewhat hard to define in terms of ordinary human experience, for we are accustomed to an Aristotelian mode of thinking in which Light could be either a particle or wave but not both.

But at times Light behaves like a particle called a photon; for example, a photon of Light can hit an electron in the exceedingly localized position of space about the size of an atom and eject that electron from its atomic orbit, leaving an ion-electron pair which our instruments can easily detect. On the other hand, Light moving through space behaves like a wave of electromagnetic energy; one photon worth is found to be spread out over a volume of space about the size of a small automobile.

To illustrate this, a single photon of Light can simultaneously pass through two different apertures in a screen, just as a wave can, then recoup on the other side of the screen to behave as a single small particle ejecting an electron from an atom. How can Light be so diffuse in space and yet act like such as small particle? The only answer science has to offer is that Light has the properties of both, yet that we would be mistaken to call it either one. Light must be something else, which merely *manifests* as a particle when it interacts with matter, and as a wave when it interacts with space. Another way of conceptualizing this is to view Light as something in constant



positive charge in one direction and the negative charge in the other. This flow of charge we call an electric current, and, as most schoolchildren know, an electric current sets up a magnetic field in surrounding space.

However, the flow of current stops when the attraction between the separated charges balances the electric field imposed; then the surrounding magnetic field collapses and induces an electric dynamic transformation between a localized particle of energy and a field of energy in space.

One is reminded of the mistakes often made when we try to define God; He may indeed manifest as that which we define Him to be, but He is also all that which lies outside our definition: "Filled with Brahman are the things we see; filled with Brahman are the things we see not; from Brahman floweth all...." So again, Light aptly represents the indefinable quality of God.

### Light's Role In Creation

Now conceiving Light as omnipresent and in a sense indefinable, let us next examine the role of Light in the process of creation. For this purpose, we should understand a little about the interactions between Light and space, where the wave characteristics of Light are pertinent. Light manifests in space as a wave. We often conceptualize space as a complete void except where occupied by matter, but, to the contrary, space behaves like a sea of positive electric charge completely mixed with another sea of negative charge which, like yin and yang, perfectly neutralize one another. When the electric field of a Light wave is imposed upon space, it pulls the

field in the space it has just vacated. This again causes another separation of charge, and the cycle repeats itself again and again.

This process of energy surging back and forth cycles at about 100 million million times a second for sunlight, and only about 1,000 times slower for the lower-energy Universal Light discussed previously. The net result is a sort of perpetual motion disturbance of the seas of charge in space, that spreads as a wave at extremely high velocity (300,000 km/sec) and which can circle the earth more than seven times in a second.

Normally, the disturbance of space charge caused by a passing Light wave is perfectly healed; the separated charges reneutralize one another and absorb no energy from the wave. In principle then, the Light wave, once created, can travel through space forever without attenuation—unlike surface water waves which, due to friction between the water molecules, will in time decay to nothing. However, if the Light wave is energetic enough and separates the space charges in the region of a strong perturbing force, such as provided by a particle of matter, the separated charges sometimes will not come back together. The scientist observes tracks in his cloud or bubble chambers, and photographic emulsions indicating that the photon of Light has been transformed into a pair of fundamental matter particles - an electron of negative charge and a positron of positive charge.

The mass of these particles is a measure of their inertia or resistance to change in motion, and seems to be related to the very high speed spinning mo-



tion of these particles. This spin is required to match the angular momentum of the particles formed to the original angular momentum possessed by the photon of Light.

Matter can thus be said to consist of congealed energy or congealed Light. The arithmetic relation between them is even known precisely:  $E = mc^2$ , which merely states that the energy of a particle of matter at rest is the mass multiplied by the velocity of Light and multiplied once again by the velocity of Light. This equals the energy of the photons that are produced when this matter is transformed back into Light.

Thus the scientist has rediscovered what the sages seem to have known long ago, that Light is an energy field which can be converted into matter. But there is more to the story. A fundamental particle of matter seems to have a dual existence as a particle and as a wave, just as the photon particle of Light does. When manifesting as a particle, the concentration of matter is highly localized; when manifesting as a wave the distribution of matter stretches out over large regions of space, even to infinity, albeit with a vanishing small probability there.

One class of fundamental particles has a very long lifetime; these are the electrons, protons, neutrons and neutrinos that make up the matter of our world. These stable particles are only dynamically stable, for they engage in a constant pulsating dance of transformation between field of energy, to particle, to field, etc. The energy field almost always collapses back to the same fundamental

particle, giving the appearance of permanence. This merely means that their dynamically stable existence persists for a long time compared with the duration of any experiments or even with the duration of a man's life. Eventually these particles may decay as does the neutron, which though classified as a stable particle has a dynamic existence of about 12.8 minutes.

Besides the stable particles, the scientist observes a large collection of short-lived or unstable particles (mesons, muons, pions, kaons, etc.) whose dynamic existence is measured in small fractions of a second. These particles manifest a few cycles as one particle, then their fields collapse into a combination of different particles and/or photons.

Now, after decades of thought and experiment, the scientist is beginning to view matter very much like the sages of all times have described it. Matter might be considered illusory in the sense that the stable particles of matter are merely a transient manifestation of some deeper reality, a periodic phase of a dynamic, cyclic process. Matter is also seen as transient, not only because it degrades chemically and "turns to dust," but because the very fundamental particles that make up matter have a finite lifetime in their dynamic, cyclic state and eventually change to another state, including manifestation as photons of Light. In addition, the scientist now sees that not only all matter, but all space as well, is in a constant pulsating dance, so aptly described by the sages as the cosmic dance of Lord Nataraj.



## Exchanging Particles

The philosophical consequences of these concepts of Light and matter and their interrelatedness would be truly staggering if we heard them for the first time. But those who have listened to the sages have heard over and over that we are one with the world and with one another, that separateness is only an illusion. Perhaps the rediscoveries of science will make it easier for some of us to understand and thereby accept this seemingly enigmatic wisdom.

As an example of this helpful role science can play, it is known that the particles of which our bodies are made have a pulsating existence as energy fields that reach out to all space, even to the farthest stars. You and I are exchanging fundamental particles with the stars and with each other, even as you read this essay. I reminded the audiences listen-

ing to Sri Gurudev last December that they were all exchanging particles with him as he stood before them, and that with only a somewhat reduced frequency they would continue to do so when he returned to teach others on the other side of the world. When I expressed this idea, I felt so moved I could hardly continue; fortunately this was near the end of my talk!

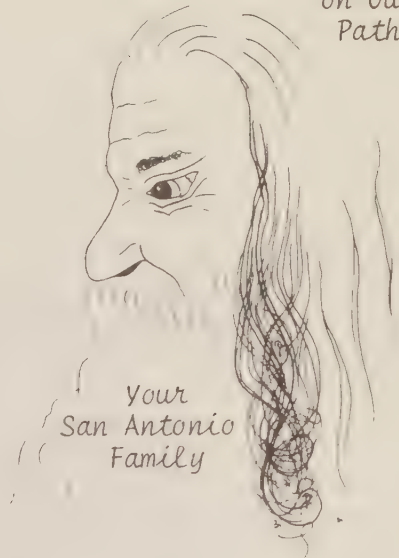
Today I still find it extraordinarily moving to think that we are exchanging matter with everyone and everything, and that the views of the physical world emerging from our scientific laboratories now seem to be in substantial accord with the teaching of the sages. Light, in one of its several forms: as a wave of energy, a particle of matter, or a force that binds, does seem to be the very God-stuff we see in all His many forms of manifestation. Is it any wonder then that man feels drawn to worship Light?



Happy Jayanthi  
Papa

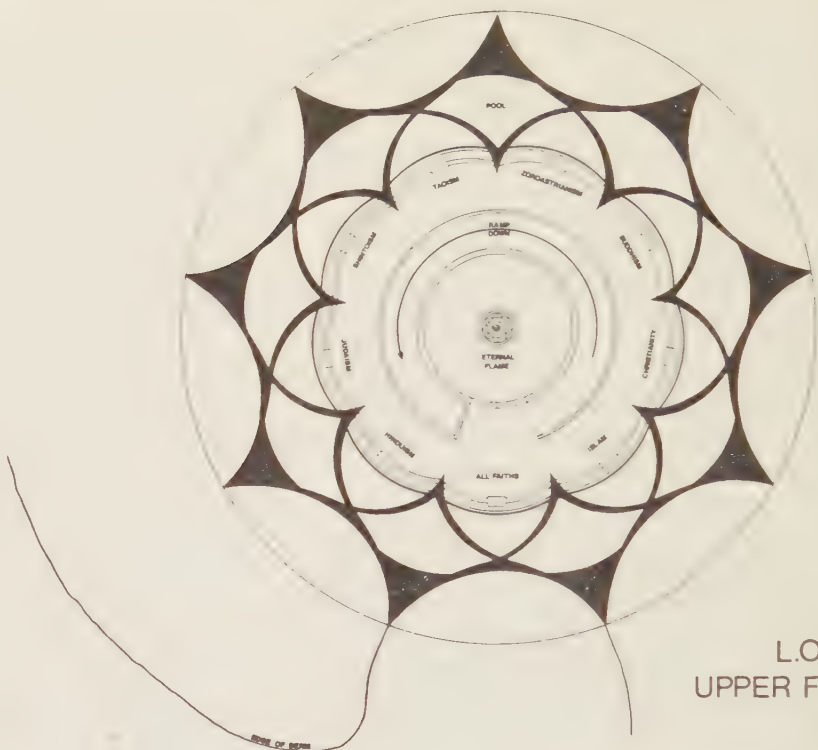
from your Denver children

To the Light  
on Our  
Path



Your  
San Antonio  
Family

*"Let us feel the presence of the Lord"*



L.O.T.U.S.  
UPPER FLOOR  
PLAN

"OH GREAT EFFULGENCE OF GRACE  
WHO, BESTOWING ON ME THE ENLIGHTENMENT  
TO UNDERSTAND WITHOUT STUDY,  
BECAME A SUPPORT TO ME."

OH GREAT EFFULGENCE OF GRACE  
WHO ARE THE BEGINNING OF EVERYTHING  
AND ARE BEGINNINGLESS IN YOURSELF  
AND WHO DOES NOT TAKE NOTE OF CASTE, CREED AND RELIGION!"  
St. Ramalinga Swamigal, from Thiru Arupata

"I MEDITATE ON THAT GREAT EFFULGENT LIGHT WHICH ENLIGHTENS  
ALL THE THREE WORLDS. MAY IT ENLIGHTEN ME, TOO."  
from the HINDU VEDAS, Rig Veda, III, 62-10

"IN THE BEGINNING GOD CREATED THE HEAVEN AND THE EARTH. NOW THE EARTH WAS  
UNFORMED AND VOID AND DARKNESS WAS UPON THE FACE OF THE DEEP AND THE  
SPIRIT OF GOD HOVERED OVER THE FACE OF THE WATERS. AND GOD SAID, 'LET  
THERE BE LIGHT.' AND THERE WAS LIGHT. AND GOD SAW THE LIGHT, THAT IT  
WAS GOOD. . ."

from the BIBLE, Genesis, I, 1-4

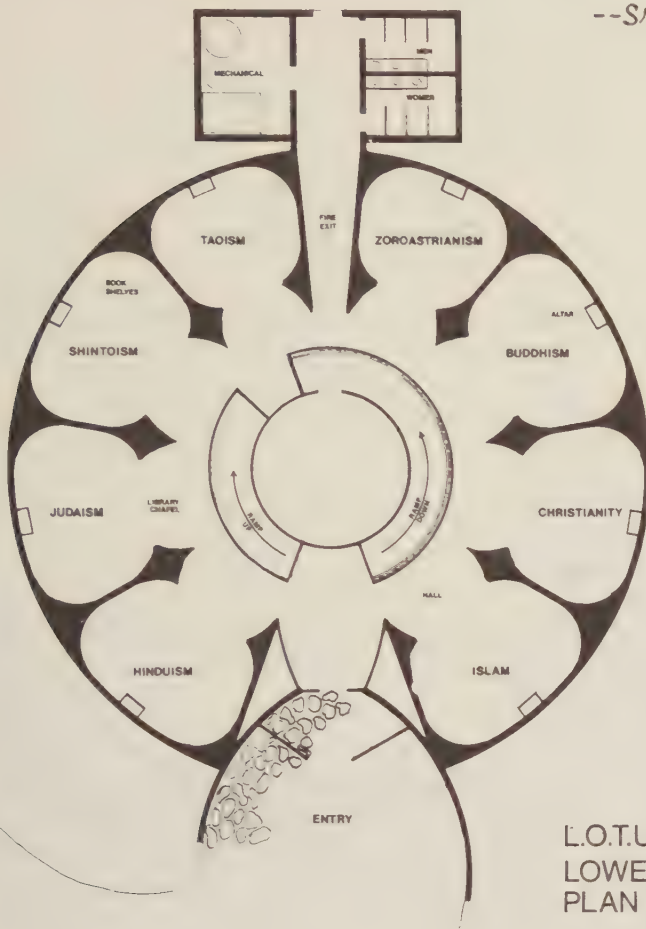
"A GOOD WALKER LEAVES NO TRACKS; A GOOD SPEAKER MAKES NO SLIPS; A GOOD  
RECKONER NEEDS NO TALLY. A GOOD DOOR NEEDS NO LOCK, YET NO ONE CAN OPEN  
IT. GOOD BINDING REQUIRES NO KNOTS, YET NO ONE CAN LOOSEN IT. THEREFORE  
THE SAGE TAKES CARE OF ALL MEN, AND ABANDONS NO ONE. HE TAKES CARE OF ALL  
THINGS AND ABANDONS NOTHING. THIS IS CALLED: FOLLOWING THE LIGHT."

from the TAO TE CHING

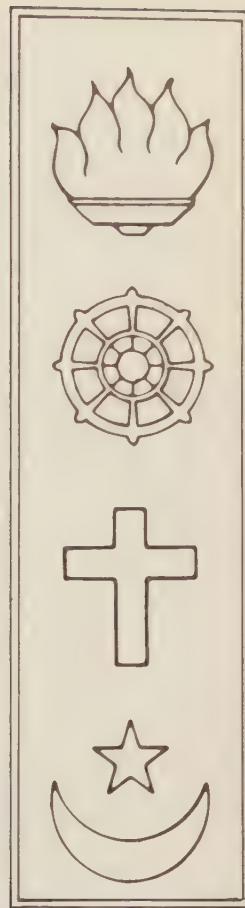


in the form of Cosmic Light . . ."

--Sri Gurudev



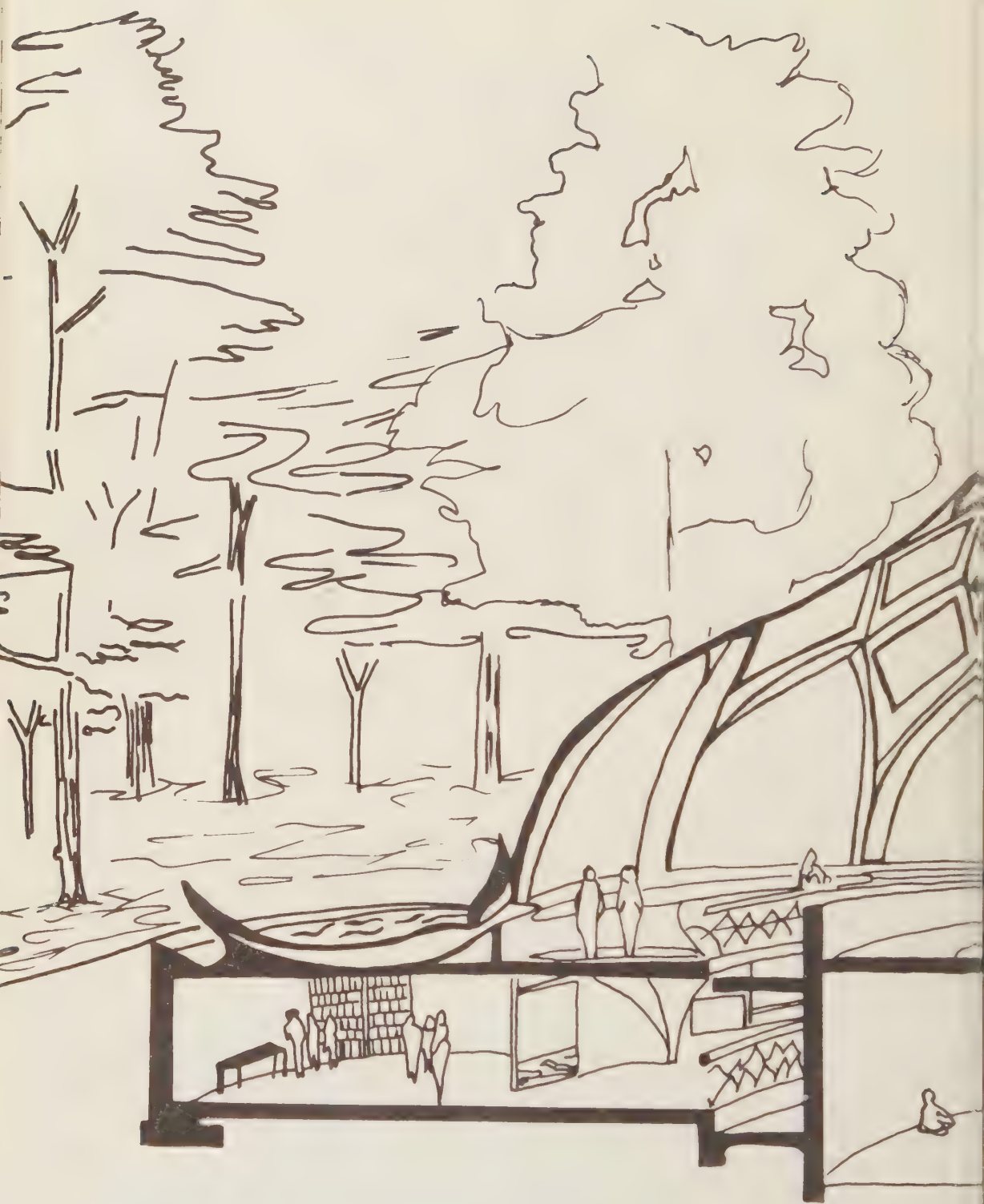
L.O.T.U.S.  
LOWER FLOOR  
PLAN



"DO YOU KNOW WHO IS ALIVE?  
THAT ONE WHO IS BORN IN LOVE.  
I AM NOT THE MOON, OR THE UNIVERSE OR THUNDER OR CLOUDS  
I AM ALL LOVE, ALL LOVE. I AM ALL SOUL BY YOUR SOUL. . .  
I AM NOT FROM WATER OR FIRE, OR FROM STORMY WINDS,  
NOR AM I PAINTED DUST: I HAVE LAUGHED AT ALL.  
I AM NOT SHAMS OF TABRIZ, I AM PURE LIGHT  
BEWARE IF YOU SEE ME: DON'T TELL ANYONE THAT YOU HAVE SEEN ME."  
from RUMI, A MUSLIM MYSTIC

"YOU ARE THE LIGHT OF THE WORLD. . .LET YOUR LIGHTS SO SHINE BEFORE MEN  
THAT THEY MAY SEE YOUR GOOD WORKS AND GIVE GLORY TO YOUR FATHER WHO IS  
IN HEAVEN. . .I AM THE LIGHT OF THE WORLD. HE WHO FOLLOWS ME WILL NOT  
WALK IN DARKNESS, BUT WILL HAVE THE LIGHT OF LIFE."  
from the NEW TESTAMENT, Matthew 5:14-16, John 8:12

"SPIRITUAL YOGA LEADS TO LIGHT: LACK OF YOGA TO DARKNESS. CONSIDERING THE  
TWO PATHS, LET THE WISE MAN WALK ON THE PATH THAT LEADS TO LIGHT. . .  
WHEN WITH A MIND IN SILENT PEACE A MONK ENTERS HIS EMPTY HOUSE, THEN HE  
FEELS THE UNEARTHLY JOY OF BEHOLDING THE LIGHT OF TRUTH."  
from the BUDDHIST DHAMMAPADA



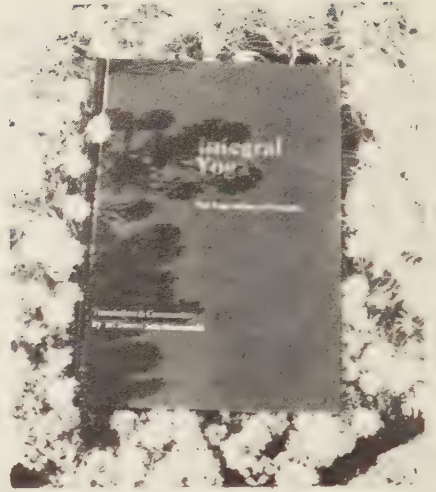




T.U.S.  
ction

# Integral Yoga: The Yoga Sutras of Patanjali

Translation and Commentary  
by Sri Swami Satchidananda



*Prahaladana Mandelkorn, editor of the recent compilation of Gurudev's teachings, To Know Your Self: the Essential Teachings of Swami Satchidananda, reviews Gurudev's latest book, the long-awaited Integral Yoga: the Yoga Sutras of Patanjali.*

In his dedication the Master writes: "To all who seek understanding and mastery over their minds through the glorious science of Yoga." And how to achieve this is exactly what our beloved Guru has given us and all humanity in this treasure tome of practical wisdom.

The great Yoga sage Patanjali Maharishi, who lived some 2,000-5,000 years ago, summed up the ancient wisdom in approximately 200 sutras. These profound aphorisms contain the complete science of Yoga, sometimes called *Ashtanga* (eight-limbed) Yoga or *Raja Yoga* (the Royal Path). Ever since Patanjali gave the sutras, sages of succeeding generations have interpreted and explained them, each in his or her own style to suit the age and temperament of the listeners.

"For many years these sutras have been like a Bible to me," says Gurudev. Although he disclaims scholarship and insists he is not a bookish man, Gurudev knows the sutras thoroughly, having carefully studied them under the guidance of his late Master, Swami Sivanandaji.

The sutras are divided into four *padas* or portions. The first, *Samadhi Pada*, gives "the aim of Yoga in a theoretical way, explaining it as the control of the *chitta vrittis*, or thought forms," says Gurudev. The second portion, *Sadhana Pada*, describes "the practice of Yoga, practical hints to be followed in our daily lives." The third, *Vibhuti Pada* or the Accomplishments portion, explains the "by-products of Yoga practices," sometimes called *siddhis* or supernatural powers, and shows how they are acquired. Then by letting go of the seductive attractions of even these powers, the yogi may realize Absolute-ness, described in *Kaivalya Pada*, the fourth and final portion.

Gurudev's clear, inspiring and sometimes humorous explanations



of these sutras were given during talks to his students in recent years. They were recorded, later transcribed, and have been magnificently edited by Swami Vidyananda Ma, Gurudev's chief publications assistant. For Integral Yogis this book will almost certainly become our Bible. Frankly, if I were marooned on a desert island and could have only one book, this would be the one....

281 pages. \$4.95 paperback, \$6.95 cloth. An Integral Yoga Publication.

For the scholarly among us, the Sanskrit Devanagari script is included, plus transliteration

and word-by-word translation of each sutra. The book is handsomely designed with large, readable type for easy reference and study. A thorough Sanskrit-English glossary has been appended. The sutras Sri Gurudev especially recommends for study and memorization have been starred, and a tape has been made available through I.Y. Films and Recordings, of Sri Gurudev reciting the selected sutras in Sanskrit and English.

The softback edition's cover shows Gurudev teaching on the banks of the Ganges, while the clothbound edition sports a handsome blue leather-like cover with gold lettering.

## EXERPTS FROM INTEGRAL YOGA

FROM PORTION II, SUTRA 9:(Patanjali)"CLINGING TO LIFE, FLOWING BY ITS OWN POTENCY (DUE TO PAST EXPERIENCE) EXISTS EVEN IN THE WISE. (From Sri Gurudev's commentary) Instinct is a trace of an old experience which has been repeated many times and the impressions have sunk down to the bottom of the mental lake... When we do something several times it becomes a habit. Continue with that habit for a long time, it becomes our character. Continue with that character and eventually, perhaps in another life, it comes up as instinct..."

FROM PORTION IV, SUTRA 18:"DUE TO HIS CHANGELESSNESS, CHANGES IN THE MIND-STUFF ARE ALWAYS KNOWN TO THE PURUSHA (TRUE SELF) WHO IS ITS LORD. Mind is a part of the ever-changing nature. However quiet we are, we can only keep the mind quiet for a little while. Therefore our aim is not to keep the mind peaceful but to raise above the mind and realize the ever-peaceful Self."

FROM PORTION IV, SUTRA 30: "FROM THAT SAMADHI ALL AFFLICTIONS AND KARMAS CEASE. One becomes a jivanmukta (liberated living one). Such a person is not affected by anything. He is there and things happen; he is a constant witness... Sometimes students ask what happens to a jivanmukta after he dies. Does he come back or go to another planet and continue evolving, or what happens? He never worries about it. He doesn't even want to know... He is free. You may wonder about saints and prophets who appear in our midst. Sometimes jivanmuktas are sent back into the world. It is not because they want it, but because the Cosmic Law wants it. "Hey, you are a good example. Go, live in the midst of people. Let them see you appearing to act although you are not acting...."

## Enlightened Skin Care

by Sandra McLanahan, M.D.  
(Swami Amritananda Ma)



*A light-hearted jab at the unhealthy modern life - and some serious, professional suggestions on improving it - by our beloved "Doctorji."*

My merry, eye-twinkling ninth grade biology teacher, who along with the educational film Hemo the Magnificent inspired me to the field of Medicine, used to talk about the mystery of so much attention and pleasure coming from the mere meeting of epithelial surfaces (his biological definition of a kiss!).

Skin has always been for me a wonderful and amazing substance for study. The body's biggest organ, it serves its functions of sensation, protection and elimination majestically: so soft, and yet so durable. The forms it takes! Now thick on the elbow like an elephant, now bent into shapes of galaxies and comets in the fingers, hard as the nails, so soft and tender as the cheeks. And its abilities for repair: I watch in awe as it binds a cut, ejects a splinter, walls off a wound.

The skin covers the entire sur-

face of the body, and in the normal adult weighs about 18 pounds. It is our elastic envelope, mobile but under slight tension. Its lines on fingers and toes are so unique - and infinite - that they make each of us one of a kind - even twins have only similar but not identical prints. Skin to skin, we are each a distinct flower of God's special design.

### The Truth About Lye

Sweating is a critical function of the body: it helps maintain body temperature. There are two very different ways in which we sweat. When too hot, we sweat mainly on the face, head and chest. From emotions, we sweat under the arms and on the palms (shaking hands with a nervous person reminds us of this mechanism).

So, with this versatile and gentle servant—the skin—what do we do? We daily insult it with outrageous and exotic chemicals in an indefensible onslaught.

Take soap. "Innocent little soap?" you say. That is the problem. None of it is innocent. Soap, to be "soap", contains potash,



i.e. lye. Even the best moisturized or "natural" ingredient soaps contain lye. Even the lightest scrub-a-dub pours lye onto the body. This removes the dirt, but also the natural lubricant oils produced by the sebaceous glands which protect the skin from the elements. In addition, the epidermis produces a precursor of Vitamin D, a fatty like substance called 7-dehydrocholesterol. The sun photoconverts this to Vitamin D. If the surface skin oils get washed away, this can't occur.

### Loofahs and Chick Peas

The skin also absorbs anything put on it. We can even call it another mouth: it "eats" portions of substances rubbed on it. Would you wash your mouth daily with soap? Even if we don't feel it as much, using soap is like drinking lye. And consider the ingredients of any of the myriad skin balms, salves, underarm deodorants. Would you drink them?

Most underarm deodorants contain aluminum. Question: What is the daily requirement of aluminum for the human body? Give up? Answer: Zero. Any aluminum taken into us, like lead poisoning, affects our thinking and coordination in a subtle way. Most of us already know not to cook with aluminum; well, don't put it in your armpits either! Even baby oil, Baby Magic, Wipe-ups, etc. contain ingredients you would never think of drinking.

Rather than cover up underarm perspiration, forcing the body's eliminations back into oneself, it is better to get at the root cause, and avoid the fears which activate that kind of sweating. And bathe daily - but with water alone. This is usually enough to keep the skin clean. And to keep

the skin's pores open, brush well with a stiff, dry loofah sponge - available at any natural foods store - before bathing. Or ground chickpeas (garbanzos) make a fine, gritty scrub. One wouldn't even mind rinsing one's mouth with this either. Gurudev himself is a living example of my non-soap doctrine. He has rarely used soap over the past forty years, yet his skin is always clean and free of any odor.

Make sure your clothes are loose, and whenever possible made of 100% cotton or other natural fiber. Blue jeans may be convenient, but they are usually worn too tight. Synthetic fibers are even worse for the skin. They don't allow sweat out or fresh air in, and if they're dry cleaned they put the harsh cleaning chemicals against your skin for it to "sip."

### Bathe In Air and Sunshine

Bathe the skin daily in fresh air and sunshine also. After your morning bath, open all the windows (even in winter) and put fresh air in the house. If possible, dance around naked for a bit! And don't forget the lesson of Goldfinger. If you paint the entire surface of the body, the person will die. Despite the use of supposedly harmless greasepaint, the Golden girl of Goldfinger won a lawsuit for the permanent skin changes she suffered.

Beauty, of course, is only skin deep -- but beauty is as beauty does!

*To learn more about Dr. Amritananda's Yogic, wholistic approach to health care, contact INTEGRAL HEALTH SERVICES, 245 School St., Putnam, CT. 06259. Health questions can be sent c/o Integral Yoga Magazine.*

## IN MEMORIAM:



### Mataji Swami Satchidananda

*Sri Gurudev with  
Satchidananda Mataji*

*It is with deep regret we have received news of the passing of Mataji Swami Satchidanandaji of Trincomalee, Sri Lanka. Hailing from a highly respected Trincomalee family, she was given Sannyas by Sri Swami Sivanandaji Maharaj in 1952 in Rishikesh. That same year she returned to Sri Lanka with our Gurudev Swami Satchidananda and together they founded the Sivananda Thapovanam of Trincomalee. She dedicated all her wealth and her life to the service of the Divine Life Society. Sivananda Thapovanam now maintains an orphanage to serve the poor and needy.*

*Mataji's passing is an irreparable loss to Sri Lanka and to the Sivananda Thapovanam in particular. May her soul continue to guide all the seekers and itself rest in peace and blessedness. We express our sincere sympathies to the Divine Life Society members of Sri Lanka and to all her devotees and followers. Sri Gurudev feels he has lost a very dear spiritual sister and sends his sympathies and love to all her near and dear.*

### Sri N.S. Srinivasan

*We miss also from our midst Sri N. S. Srinivasan who has recently passed away. A great follower of Sri Swami Sivanandaji Maharaj, he was also a long-time friend and admirer of our beloved Gurudev. He was the Poorvashram father of revered Sri Swami Venkatesanandaji Maharaj. We wish to convey our heartfelt sympathies to his family and our sincere prayers for the peace of his departed soul.*





## DAY-BY-DAY WITH SRI GURUDEV

July 1978

*From a telegram to President Jimmy Carter  
from Sri Gurudev:*

. . . CONGRATULATIONS AT THIS GREAT MOMENT FOR THE  
HOPE OF PEACE IN THE MIDDLE EAST AND THE WORLD. . .  
I WANT TO SHARE IN EXPRESSING APPRECIATION FOR YOUR  
UNTIRING DEDICATION AND COURAGE. IN THE YOGIC THINK-  
ING, WE FEEL THE HIGHEST GOAL IS PEACE AND JOY WITH-  
IN AND WITHOUT. WE SAY IT THIS WAY: LET US WALK TO-  
GETHER, TALK TOGETHER, LIVE TOGETHER, LOVE TOGETHER.  
YOU ARE HELPING THE WORLD SEE THIS CAN AND WILL HAP-  
PEN. . .MAY GOD GRANT YOU PERFECT HEALTH AND CONTIN-  
UE TO GUIDE YOU WITH THE COSMIC VISION.

SWAMI SATCHIDANANDA  
FOUNDER-DIRECTOR, INTEGRAL YOGA INSTITUTES

### From Sea To Shining Sea

Gurudev has explained that the seasons of the year correspond - psychically - to the path of the energy traveling up and then down the spinal column. And the full moon in July, what we call "Guru Poornima," is analagous to when the energy - the *Kundalini* - reaches the *Sahasrara* - the crown of the head, the highest point. And that, explains Gurudev, is why we choose that day to set aside our normal activities and offer worship in remembrance of the Guru.

On July 7 - a Thursday, traditionally the Guru's day - three pilgrims drove once around the Ashram's front circle and off into the beautiful New England summer sunshine. The 'Om Tryambakam' prayers of the send-off committee still ringing in their hearts, car stuffed with health food goodies, clothes and maps, they began their pilgrimage: destination, their Guru's Lotus Feet in Santa Barbara on that holy of holy days, Guru Poornima...

At first we took note of the many auspicious signs without much thought: of course when we got hungry there should be a nice little country store with a picnic table in front waiting for us! Of course the weather should be fine; the car should function perfectly; there should be harmony between us.... But as the hours and days rolled by, we felt more and more the protecting, guiding hand of Sri Gurudev pulling us ever toward His Feet.

The second night out found us "home again" - at the Chicago IYI. It's always like walking in the

front door of the Ashram, entering these abodes of Sri Gurudev's children and teachings - wherever they may be geographically. A good lesson: I compared my sleep, my thoughts of the night before spent at a motel with the same here at the IYI. I could clearly feel the positive effects and spiritual reinforcement of the Integral Yoga Home environment. Sri Ram and Sita Levy, Br. Mahavir and the other Chicago yogis showed us the sights and we gave *satsang* the next afternoon to a number of eager Chicagoans.

### Highway 80 Yoga

Through the green corn fields of Iowa, into an exciting Midwestern lightning storm/light show, and on to our Integral Yoga Teaching Center in Lincoln, Nebraska. Some new friends - soon to become old friends: Erin and Quiller Caudill and Carol Odell. Sharing a festive meal and spiritual stories late into the night, morning meditation and off onto Hwy 80 once again, feeling the Guru had been pulling strings here too, leaving the fledgling Nebraska center a little stronger, a little more eager to practice and share the Teachings of our Cosmic Master.

And then the Divine Mother had some sights to show us, as our 'Rocky Mountain high' carried us through some of the most beautiful country in the States - maybe in the world - and culminating with another family reunion: the loving souls of the Denver IYI. We were sumptuously fed and again, we gave *satsang*, this time to some thirty people literally stuffed into the small IYI shrine room on Gill Place. Old faces and



new: the Guru leading us, reflecting His own face to us in the kind, eager services of His Colorado children.

## The Mother's Canyon

Next, through the Painted Desert, the most powerful natural environment I had ever experienced. The hot winds blew steadily through the car while outside the deep pink stones rose in solemn and eerie procession as we sped along the never-ending ribbon of highway. Through Navajo country, where the resentful vibrations of generations of suffering were keenly felt, through the white sands and convoluted cactus of Arizona, and just when the heat seemed almost too much to bear - the bright blue oasis of a sparkling Colorado River: cool, clean, ready to welcome our hot bodies into its refreshing bosom...

Among our scenic 'detours,' the most moving to me was our visit to the Grand Canyon. There I sat entranced, contacting the Mother within who manifests as this incredible creation around us. "What should I do with my life, Mother?" my heart cried out. "Just watch, My child. Don't do anything. It will all happen for the best." "Mother, please, I know you are right, but it's so hard to do that."

The sun sets behind me, the Mother's cliffs and gorges turn a deep red, rich brown, encompassing me, yet leaving me entirely alone with Her Wisdom from which there is no escape: I can disobey Her only so long; I can think myself a doer, an enjoyer, only so long - until I find Her seated in my own heart, directing from a knowledge beyond my wildest imagination. My two fellow pilgrims finally drag me away from my meditation, for we

have many more hours to drive tonight before we rest in some motel room.

And finally, California, the home of my childhood, returning after some five years. And it is just one day till Guru Poornima. We have arrived exactly one week from when we left Connecticut, again a Thursday, again, Guru's day.

Showing Gurucharanananda Ma the sights of L.A., frolicking in the wide Pacific, visiting still another home: the L.A. IYI. Then into the vortex of Guru Poornima preparations, cars leaving with equipment, rides being organized, who's in charge of this; who's in charge of that? Come on, let's go...

We drive next morning up the coast to Santa Barbara and into the thick of last minute preparations. The hall is beautifully decorated with huge stands of flowers, peacock feathers, and thanks to the East Coast family, the huge blue silken ecumenical banners from last year's All Faiths Day.

And finally, the moment for which we have driven 3,000 miles, for which we have slept in motels, on IYI floors and in car seats, for which we have left our regular routine and come adventuring across this huge, wild, beautiful, variegated nation of yogis, bhogis and rhogis...the annual Pada Puja to the Feet of our beloved Master is about to begin!

This is the first large scale Guru Poornima Pada Puja the West Coast devotees have ever performed, and it is beautiful and powerful. Organized capably and sensitively by Swami Nischalananda Ma, it flowed smoothly, the power of the disciples' devotion surging through the ceremony, through the

devotees, and answering us in the Grace of the beloved Master as it filled the hall, the flowers, the very colors, the air, and most important our minds with sweet union, union of children with their Father, devotees with their Lord, travelers with their Destination...

## Sweet Union

That afternoon we toured the Ashram and town a little, but part of the mind is always waiting to be in that sweet union again - tonight all Gurudev's children would meet back in the same hall with him, this time to offer their talents, performances, their small egos, their gifts...

From Divyanandaji's and Maitreya's boogie woogie, to Jagadhamba's spiritual cheer, to one of the most incredible combinations of tai chi and modern dance - performed by Padma Conte - that I'd ever witnessed, it was a time of joy and togetherness.

At the end Gurudev began to speak quietly. The devotees left their folding chairs and gathered informally around their Papa, some sitting, some squatting, some standing behind, as Gurudev wound down the evening, speaking ever so softly, echoing what Divine Mother told me in Her Grand Canyon 'satsang' just days before: "Life is a play... We have no business of our own here. Nothing belongs to us, not even our bodies or minds. See how beautifully you spent the day today? It's all just fun. Find more excuses to do this. Keep your surfboards well polished and stand well balanced upon them..."

Prepared by a day saturated with devotion, service and togetherness, we drank in, not only his words, but most of all his uniting love.

## Lessons In The Surf

Next day, thanks to a most generous invitation of a devotee named Judy, Sri Gurudev and all his children were invited to a beach house party nearby. Several lessons came to me amidst the sun and surf: one, as I was timidly moseying around in the breakwater before Gurudev's arrival. I have always been a little afraid of the big Pacific waves, so I was taking care not to go too far - yet wanting nothing more than to do just that, when all of a sudden, out charges Sri Gurudev followed by the whole gang, and into the water they rush, stampeding, ploughing their way through the breakwater fearlessly... And before I know it, I am there too, ploughing out in their wake, without the slightest fear...

And the second one came a little later, as we dried off and sat around Gurudev on the deck: a devotee handed him a copy of his new book, *Integral Yoga: the Yoga Sutras of Patanjali*, to autograph, along with a blunt, stubby, grubby pencil. A secretary, standing dutifully and unobtrusively behind, quietly offers him his special green pen. He waves it away. "No, Amma. He gets what he gives..." It struck me so pointedly. Is that not exactly so? The Guru has everything: all the experience, all the wisdom. Why does he not enlighten us immediately with a single glance? Because we can get only what we give. If we come completely open and well prepared, he will fill us completely. If we come with our own ideas, our own prejudices and rough, grubby edges, he will give us a little, whatever our vessels can hold...



## At "AUM" On The Desert

While we were busy adventuring across the country toward Guru Poornima, Sri Gurudev was also travelling cross-country, but by plane. At about the same time we were driving through the hot desert sands of the Southwest, he was also in that area, visiting a beautiful "new" disciple, Brother John, of "Aum on the Desert" sanctuary. From a long and fascinating letter to us, we share one part:



"The one great, direct teaching that came to me happened as I was driving with Master into town for dinner. I asked Him how He liked the Sanctuary. He said it was very beautiful, but that it would be best to sell it! I was crushed. I immediately started giving reasons why it should be kept: the nine glorious months of superb weather; the warm, dry winters; year-long growing season; the low humidity which makes the whole area a national health resort, especially for arthritics and asthmatics, etc., etc.

"Finally Swamiji said, 'All right, we'll keep it then. If there are people who wish to come, we'll keep it.'

"Next day, driving home from taking Him to the airport, I thought of the previous night's conversation. I have been sent to the feet of this Master to learn surrender. And here, the first thing He had recommended, I had fought. I suddenly felt sick inside. When I got home I immediately wrote Him begging His forgiveness for my egoistic outburst and stated that 'all I wish to do is to become your Hanuman' (the monkey God who exemplifies the devoted servant of God in the Hindu epic *Ramayana*). Now, through Gurudev's Grace, the awareness is sharper and the attunement moves to deeper surrender, so that there is a beautiful peace in the thought, 'Thy will be done'. . ."

*Br. John, Marana, Arizona*

## Aliens From Spaceship Earth

Although we had celebrated Gurur Poornima Day on a weekend to enable more people to participate, the actual day by the moon's phase, was Wednesday. By his Grace, we would again be at his Feet on this day. The L.A. IYI invited Gurudev to a private screening of "Aliens from the Planet Spaceship Earth," a movie about many of the current spiritual teachings and teachers narrated by the singer Donovan.

Afterwards, Gurudev came to the front of the small hall and began to speak. As happens now and then, I felt rooted, rivetted into my seat. He spoke with the power which draws the focussed attention of all to the vibrations of his power and his words: "This is the beginning of the Satya Yuga," he said. "This film shows us the awakening of consciousness. It is part of the Nature's work. It cannot be pinpointed as one person's. And it is the seekers who cause all these teachers to come here. Not only that, but the horrible things the world is facing. The egoism of the globe has caused all the present sickness. And sin at its zenith makes God appear. People ask, 'Why so much awakening in the United States?' It is because we have all the material comforts and we understand that they won't make us happy. It is only here we have all the psychiatrists. Here we have 'total freedom' - to commit crimes, to

abuse our children... The mind is so deranged here. This film projects that beautifully, without leaning to any side." To Don and Stella Como, the producers of the film, Gurudev concluded, "I admire, appreciate and congratulate you for this film."

Next day, again for the third time a Thursday, it is time for both Gurudev and myself to return to Connecticut. Blessing of blessings, I am to ride on the same plane with him! My mother generously helps me afford the extra fare to change to his flight, and I'm off on the last leg - and the culmination - of this inwardly and outwardly eventful two weeks. Who would have thought it would end this way, sitting near my Master for over four hours? He shared his food, his laughter, his kind fathering with the six of us travelling with him. We even had a pillow fight near the end!

As we walk off the plane, I thank him humbly; I'm amazed that this has happened. "Thank you, Gurudev, for letting me travel with you." Yes, the whole thing has been travelling with him, from the first Thursday to the last - two weeks later - from Connecticut - through Pennsylvania - Nebraska - Colorado - California: from purple mountains majesty, through amber waves of grain; a pilgrimage through a mind and across a nation - from His sea to His shining sea...

*-Swami Vidyanda, Pomfret*

## GURU POORNIMA STORIES:II

### The Day The Sun Met Its Match

Ah, home at last for a good, well deserved rest.... Oops, Gurur Poornima Day is just two days

away! Like some kind of cosmic joke, a giant anti-climax almost too much for one's mind to grasp - another Gurur Poornima celebration is in its feverish last-min-





ute preparations stage as the entire East Coast IYI family prepared for another grand-scale day of devotion to the Master. As we plunge in, let's hear from another of the cross-country pilgrims, Swami Gurucharananda Mataji:

Unique as every Guru Poornima is, this July 22 was doubly so, as our beloved Master allowed two celebrations to take place in his physical presence, thus giving hundreds more devotees the chance for his *darshan*, and a handful of us the chance for two! An added grace was the early dawn Sannyas initiation of Sr. Padma and Br. Shankar, who returned to us from the sacrificial fire as Swami Lalitananda Ma and Swami Shankarananda.

By 9:30 a.m. all were assembled in the beautifully decorated Guru Vanam, the Garden of the Guru. Flowers, banners and hundreds of people glittered in the bright sunshine.

The little children from Light of Yoga School spread flower petals on his path. Almost seventy devotees were privileged to take an actual physical part in the

Puja while the rest made the offerings in their hearts. The sun was intensely hot - but it had met its match in our devotion - in spite of the severe physical discomfort, no one felt to leave the garden through the several hours of ceremony.

During the Puja the clothbound edition of Sri Gurudev's latest book *Integral Yoga* was presented to him as well as a \$5,000 pledge from all his IYI children to help print his next work: *The Living Gita* (another several thousand will probably still be needed). Gurudev seemed so pleased to accept these gifts which will benefit not him personally, but all his children, now and to come.

Amma Claydon offered a precious little booklet entitled "Glimpses of Sri Gurudev," recounting lessons she's learned at the Guru's Feet while travelling with him during these past eight years.

After the Puja Gurudev spoke of the qualities of a disciple: surrender, sincerity, patience, and above all, faith in the Guru and His teachings. It is faith that works changes in the disciple.

He spoke encouragingly of the work ahead of each seeker and how the path is cleared if we have total faith.

Later in the afternoon, an auction was held to raise money for the new School's location. Signed first edition copies of *Integral Yoga* went for \$400 and \$500 and a huge, hand-crocheted meditation blanket, which for a few moments

got wrapped around Gurudev's gracious body, went - after exciting and prolonged bidding - for over \$1,000 to some lucky meditator. Still later, two beautiful slide shows were shown, real gifts of love from Kalyani Yarusso and Rama Roosevelt. Music, dance and more of the Master's words ended this day of love and sharing.

-Swami Gurucharanananda, Pomfret

## HE KINDLES OUR HEART'S FLAME

*12th Year Celebration:  
Sri Gurudev lights  
the devotees' candles -  
and their hearts*



Somewhere in the midst of all the busy days of July, someone realized that July 31 marked Sri Gurudev's 12th Anniversary in this country. Remembering the grand scale celebration at St. John the Divine two years before, we set about to attract Sri Gurudev into our midst for yet another opportunity to express our joy and gratitude for his presence. We remembered his words in California, to "find more excuses" to be together in joy and ease.

Still, I think many of us were amazed at how truly moving this quickly planned and executed celebration turned out to be. First,

there was a hilarious play depicting Gurudev's first moments in the U.S., followed by sharings from senior members on their experiences of the past twelve years. At one moment we were privileged to witness Gurudev joining us in shedding a few tears of emotion, as we listened to these moving testaments to the unique Guru-disciple relationship.

The culmination of the evening occurred when we walked in procession from the Temple to Sivananda Hall, where Gurudev stood waiting with one lit candle. We, in turn, walked around the hall and one by one took our small



unlit candles to his large lit one, and one by one became a sea of small bright lights.

Sharing experiences later, many had found in this simple act profound analogies to their lives with Gurudev. As he lit my candle I thought of my *mantra* initiation eight years before, and how Gurudev had, in initiating me, 'lit my candle.' As I walked away with my little flame and began to say my *mantra*, I thought of how one takes the flame of initiation and tends it carefully, walking slowly in line with others on the same path. Some come before, others follow behind...

And one appears to be walking away from the Guru, but it is not actually so, for one has within one his Light which can be tended wherever one may roam. Then as I walked around the room in the large circle and circled back toward Gurudev, I watched him lighting more and more people's candles, as I have watched with love the many souls who have come into my Father's fold over all these eight years.

I bowed my head as the circle passed near him, but I saw how,

just as in my life, I must watch my own candle flame and keep walking my own path. If I stop and stare at the Master's form I miss tending the light within, and this is my first duty.

And on and on the insights came, as we walked around and around the room - 'till all the candles were lit. Then, at one moment, we all spontaneously turned toward Gurudev with bowed heads - a natural, unpremeditated culmination to the ceremony. Truly, weeks and weeks of planning could not have resulted in a more meaningful and moving experience, to say in our tiny way: "Thank you, Gurudev."

*-Vidyananda Ma, Pomfret*

### A Divine Musician Visits

On August 18, the Ashram was privileged to receive as our honored guest, Sri Swami Nadabrahmanandaji Maharaj, the master of Taan Yoga and a brother monk of Sri Gurudev's. He has been sharing his vast musical knowledge with hundreds of Americans including some of Sri Gurudev's children in the New York area. Uniquely masterful in his art, he can make sound come



*Sri Gurudev  
with Sri Swami  
Nadabrahmananda  
and disciple  
Parvati*

from all his *chakras* and has such power in his diaphragm that two strong men cannot keep him from pushing it out even by applying their full force (as we all saw in Swamiji's humorous and instructive demonstration!)

His devotional song to Master Sivananda, the sage of Ananda Kuttir, made many of us feel the powerful and loving presence of the Master in the room with us, and we were especially touched when Nadabrahmanandaji said that he sees our Gurudev as another Master Sivananda.

The master musician remained at the Ashram late into the night, sharing a light repast and telling stories of the Master from his years at his Feet. We thank him for gracing us with his beautiful *satsang* and divine music.

### Am I This Flower?

"I want you all to meet the best person I know." Thus was Sri Gurudev introduced to a hundred sick and disabled children at the Blythedale Children's Hospital in Westchester, N.Y. one sunny August day. Mr. John McKenzie, their recreation officer, had been a computer analyst until he met Gurudev three years ago and began his new service with children. Each year this hospital organizes a week-long festival during which a special "Olympic" games tournament is held. The children divide into different groups representing different countries, thus also getting to learn songs and customs of these countries. It's a special time for the children to transcend some of their physical limitations and experience some of the joys of normal childhood.

John had asked Gurudev to speak to the children and staff on their Olympics day. His flight

arrived a little late and the children were already gathered outside in the sun, all dressed in costumes of Holland, Ivory Coast and India. At least three quarters of the kids were in either braces, wheelchairs or on stretchers.

There Gurudev stood in the warm sunlight, encircled by this amazing group of sick and disabled children who had never seen him before. I wondered what he could possibly say. My answer came as Sri Gurudev began softly:

"My sweet angels - yes, you look like angels to me - I am so happy to be here to spend a few minutes with you and share in the joy of this festival..." He stopped for a moment and simply gazed at them all. Then he slowly took a stalk of flowers from a vase at his side. I want to ask you a question. Could I say that these are *my* flowers?" With a little encouragement the kids were eager to participate and started in:

"Yes!"

"Okay, if these are *my* flowers, could I say that I *am* this flower, that I *am* a flower?" When they understood, they answered, "No, no."

"Okay, then (pointing to his own arm), "If I say that this is *my* arm, can I say I *am* this arm?"

"No."

"And if I say that this is *my* body, can I say I *am* this body?"

"No."

"That's right! We are not this body. We live in the body. Just like we live in a house. And sometimes our houses need repairs. You have all come here to get your bodies repaired. After some time you'll go home with your bodies fixed. But you are not that body. You are a soul. You are always perfect and whole. It is not



you that needs repair, it is only your body. Do you understand?"

"Yes!"

For a moment I couldn't believe it. There could have been nothing more relevant to these children suffering with their bodies and undoubtedly struggling with the concept that something must be wrong with *them*. Gurudev said it so simply and directly. And the kids understood. I asked myself, "Is it possible for communication to be this direct, this simple, this effective?" Yes, my own mind answered, when we are as little children, it can be.

*-Shanthi Zupan, Pomfret*

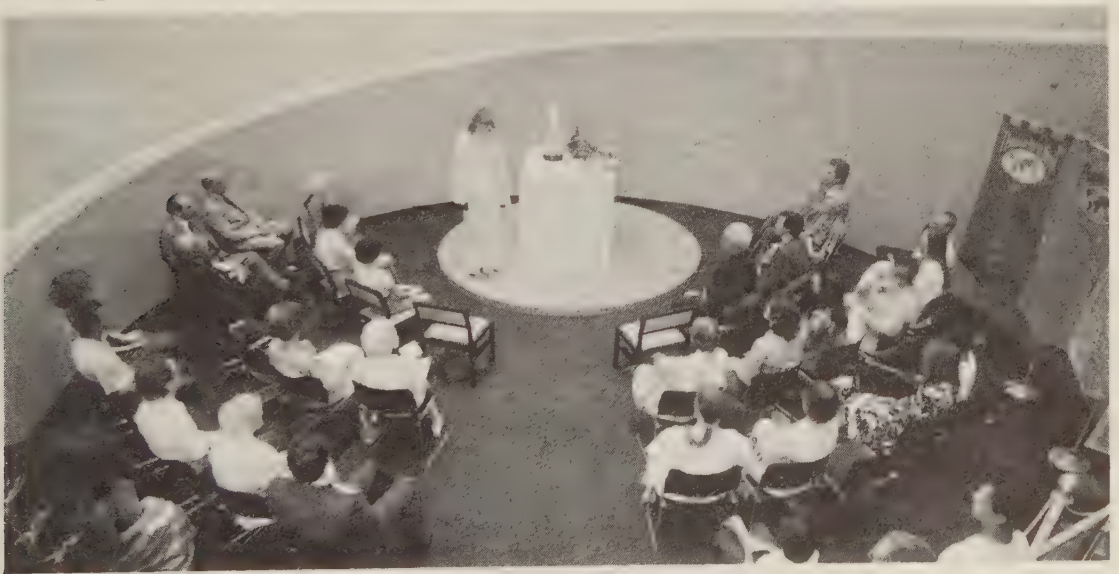
### All Comes From God

It might have been a startling sight for some Dallasites to see this silver-headed, orange-robed Hindu monk performing Puja in a small chapel in the midst of bustling downtown Dallas. Invited by Peter Stuart, President of the Thanksgiving Square Foundation, Gurudev was met at the airport by him, Dr. Ralph E. Stone and Janice Huffstuttler and taken to the beautiful Thanksgiving Square. Gurudev was introduced by Bishop Thomas Tschoepe and then performed the

Puja while priests, rabbis, pastors and a crowded roomful of other Dallas citizens watched.

After the beautiful ceremony of flower petals, incense and candlelight, Gurudev proceeded with his talk, amusing and charming everyone while spreading wisdom at the same time. His eyes atwinkle, radiating wave upon wave of love, he spoke of remembering God and being grateful to Him. Gurudev explained that all religious texts give the same basic teachings. There are those who think they are God's chosen ones, he said, but these people are degrading God. If he had wanted only white people, there would be no other races, and if He wanted only one religion, no other would exist. "Nothing is of our own making. All, all comes from God!"

After the talk, a luncheon was held in Gurudev's honor, attended by many religious heads and dignitaries of Dallas. Wrote Mr. Stewart later: "You gave the religious leaders of Dallas a wonderful experience... We will feel your presence from here on out as we were nourished by your ideas ten years ago. ... Your sympathetic ideas and enthusiasm infected many people..." *-Maji Phillips, Dallas*





Front, left to right: Maitreya, Levy, Gurudev, Karuna and

Molly; back: Tom Kelley, Ishwara, Marion, Divyananda and Nischalananda

### At The Foot Of A Banyan Tree

A year ago Tom Kelley, a professional photographer, met Gurudev—and was so profoundly touched by the Master's presence that he felt drawn to try applying his fifty years in photography to capturing the beauteous qualities of this great soul. Between that day and today, Tom underwent open-heart surgery; blessings came from Gurudev; Tom healed; and August 26—the day set for the long-awaited photo session—finally arrived.

Arriving in L.A. from Santa Barbara, Sri Gurudev stepped from his car looking both ethereal and ebullient. With his arrival, the day had truly begun.

Tom's concept for the photo was to have a huge tree with large spreading roots above ground and a vast, thick trunk—Gurudev sitting between the two—the trunk symbolizing God, the roots, mankind, and sitting at peace between infinite and finite—our beloved Gurudev. As Gurudev and I approached the tree, I explained that no one seemed to know what kind of tree this was. He grinned and said, "It's a banyan tree; it grows in India."

Photographer and Subject greeted each other warmly. As Gurudev lovingly investigated the camera, squeals of laughter came toward us from across the field. Karuna King and two of her precious children were gamboling toward us. Hearts full of love gathered around and joy was the order of the day.

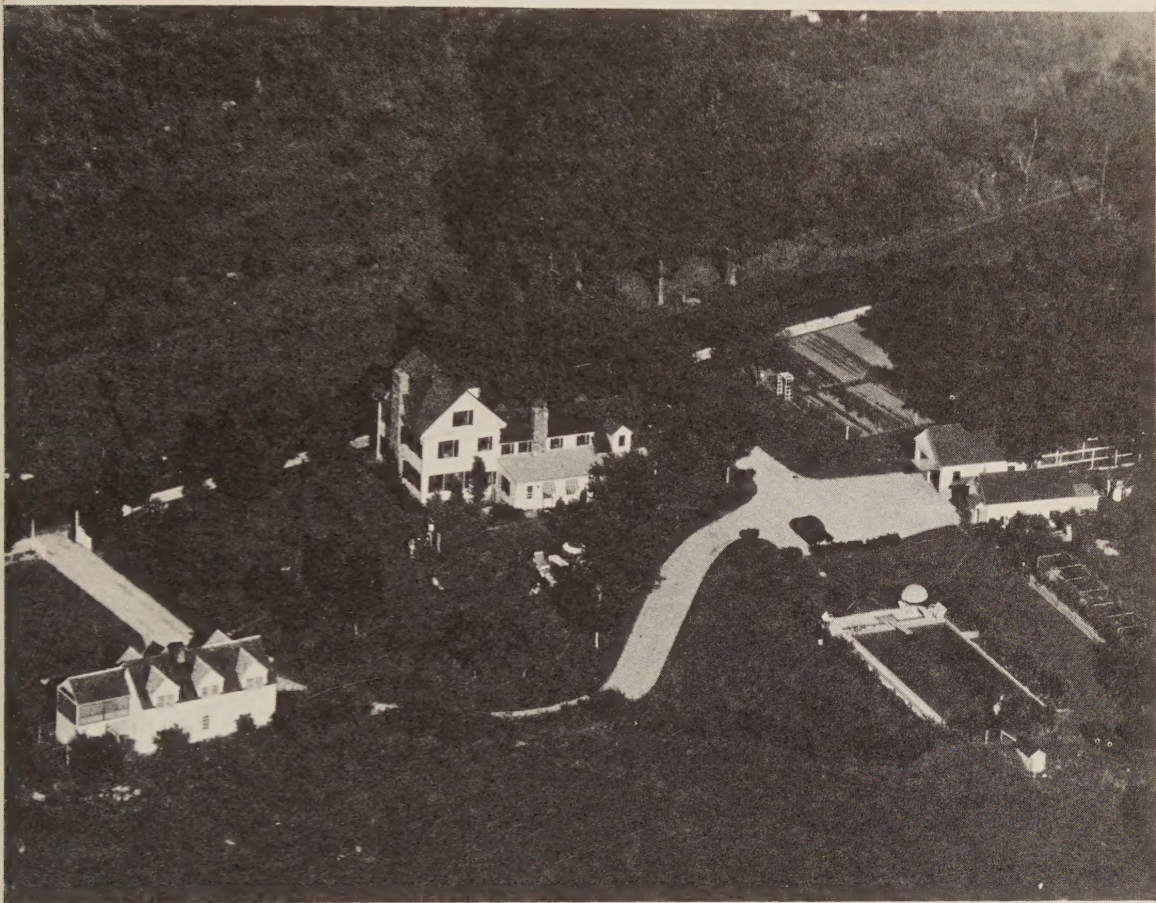
Levy and Molly King frolicked with abandon, Karuna beamed love, Swamis Divyananda and Nischalananda exemplified selfless service, while Maitreya Cerone lent his help quietly in so many unseen little ways. Gurudev was so perfectly natural in front of the camera that the two hours allotted for the session were too long—in forty five minutes we had completed everything. It was at this moment that the group picture was taken.

In his deeply polite manner, Gurudev thanked both Tom and his assistant Jerry. Farewells were spoken and, in Sri Gurudev's usual exemplary manner, optimum thoughtfulness was exuded by him toward each of us.

Such love *is* possible, I think later, musing over this wondrous day. It is always there inside each of us—Gurudev is showing us this.....-Marion Charles, L.A.



## Carole King Donates Canaan Estate To The IYI



Song-writer and singer Carole King, a beloved devotee of Sri Gurudev (he calls her "Karuna" - the compassionate) has generously donated her 323 acre "Music Mountain" estate to the Integral Yoga Institute. On behalf of Sri Gurudev and the entire Integral Yoga family, we humbly thank her for affording us this opportunity to expand our services in Yoga.

Although it has not been conclusively decided what use will be made of the beautiful wooded and

hilly property, with its two large houses, barn and farm lands, it may possibly be turned into a Yoga Retreat Center. Located in Falls River, Connecticut (part of the Canaan of Karuna's famous song, "Been to Canaan"), it is only a two hours' drive from New York City and about two hours from the Pomfret Ashram. It should prove a most welcome and useful addition to our present Institute and Ashram locations. May Karuna be ever blessed with all health, prosperity, peace and joy. Om shanthi.



## *From Dream to Reality. . .*

*"One of my biggest dreams is coming to be fulfilled. As you all know, we've been looking for some nice land all over the country on which to build a Lotus Temple. Now we find that the very place is right next door!"*

*--Sri Gurudev*

## L.O.T.U.S.

Dear Friends,

Hari OM. The subject of contributing to a cause which is larger than oneself seems to be only partially understood. Frequently, so much emphasis is put on the end results that the equally valuable means to that end can be overlooked.

Our experience of both the L.O.T.U.S. Fund Raising Committee and campaign is that they are vehicles for providing us all with the grand opportunity for expanding ourselves through making a unique contribution to the world. We use the word "expanding" in the literal sense. For the magnitude of this project will stretch us to reach the inner and outer resources that we did not even know we had.

Recently, Sri Gurudev received a check in the mail, accompanied by a simple note explaining that it was a privilege and joy, not only to give, but to have the capacity to give. This capacity, the person stated, is God's gift to man, and he had given according to his capacity.

What can we do? We can set and follow inspiring examples—from the child with the beaming face who recently offered five cents, to the quiet check for five thousand, to the gifts of every size and type which will be made before our task is complete.

If you feel touched by the L.O.T.U.S., a gift of Love to the world, communicate about it—share it with others—make it your own.





